

The BEACON



COMFLEACT SASEBO FLEET AND FAMILY SUPPORT CENTER NEWSLETTER



Here at Fleet and FamilySupport Center we recognize that the summer season brings increased strains at home due to the busy forward deployed Navy. We encourage families here in Sasebo to celebrate independence day with CFAS as we pause and consider the reasons for your sacrifices. The CFAS July 4th Celebration will be broken up into two days: July 2nd- Nimitz Park from

1400-1900. Three live musical bands will be playing throughout the event, there will be air toys (jumpers) for the kids, and booths will be set up to sell food and beverages. July 4th- Main Base @ 2100 Fireworks will be held for the community. If you are a private organization who would like to set up a booth please contact Dennis at 252-2928. This will be a wonderful event for our families to enjoy so please come out and celebrate our independence and the scarifies our service members and families make every day.



So you want to be a babysitter? The Fleet and Family Support Center is offering classes all summer. See page 4 For more information.

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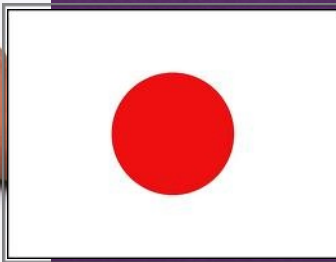
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252-3604

ORIGAMI CLASS IS BACK!

Come learn the ancient Japanese art of origami



Origami (折り紙), from ori meaning "folding", and kami meaning "paper"; kami changes to gami due to rendaku) is the traditional Japanese art of paper folding, which started in the 17th century AD at the latest and was popularized outside Japan in the mid-1900s. It has since then evolved into a modern art form. The goal of this art is to transform a flat sheet of material into a finished sculpture through folding and sculpting techniques, and as such the use of cuts or glue are not considered to be origami.

The number of basic origami folds is small, but they can be combined in a variety of ways to make intricate designs. The best known origami model is probably the Japanese paper crane. In general, these designs begin with a square sheet of paper whose sides may be different colors or prints. Traditional Japanese origami, which has been practiced since the Edo era (1603–1867), has often been less strict about these conventions, sometimes cutting the paper or using non-square shapes to start with.



Mondays, 11, 18, 25 July 1000-1100
Mondays, 1, 8, 15 August 1000-1100
Main Base Library Classroom (CEC)
How much is the tuition? FREE!
Come and join us. Please sign up at M/B
Library at 252-3593



Fleet Family Support Spotlight

Billy Reynolds Transition Assistance Management Program (TAMP)



You may have see him smiling and joking around Fleet and Family Support Center or around the base bringing cheer to the community. Billy Reynolds is the Work and Family Life Specialist and TAP/ CONSEP Workshop Coordinator at Fleet and Family Support Center. Billy is a retired United States Navy veteran who has served the SASEBO community since 1992. Chances are that if you are separating from the Navy, your path will cross with Billy at the TAP Workshop.

Federal law requires all separating and retiring service members and their families to have access to transition assistance services to help them to smoothly transition from military to civilian life. TAP provides a variety of transition services including counseling, information on education options, computerized job banks, resume writing assistance, and help with the employment interviewing process. All transition services are made available to military spouses and family members, without restriction.

Congress has mandated that service members obtain individual pre-separation counseling and attend TAP workshops. These workshops are led by professionally-trained facilitators from DoD, the Department of Labor Veterans Employment and Training Service (DOL VETS), and the Department of Veterans Affairs (VA).

Fleet and Family Support Center partnered with the Department of Labor and Veterans Affairs Office to provide 16 TAP workshops during 2010. Some speakers included Personal Property, PSD, Navy College, Tricare, Retired, Affairs Officer, Command Career Counselors, and various Fleet and Family Support Center staff: RELO, PFM, FERP.

So you want to be a babysitter?

The Fleet and Family Support Center will be holding babysitting certifications all summer



**Please contact Phillip Hinnant @
252-3116 or phillip.hinnant.ctr@fe.navy.mil for more information**



Babysitting 101

So you want to be a babysitter?

The Fleet and Family Support Center

Will be offering babysitting certifications all summer:

Thursday, Jun 23, Jul 14, & Aug 11, 2011 FFSC Class 1 & 2 0830-1600

CFAS instruction requires any child who watches younger children, including sibling to complete a one day course of training in babysitting policies and safety certification

A WORD FROM THE SUPERVISOR

Curtis Gilland, Work and Family Life Supervisor

As a retiree, with a combination of AD and reserve time and a spouse of an AD member (now retired) I am pretty familiar with the challenges that our service members face daily.

Some of these issues can be handled with no outside assistance. But occasionally additional assistance can be useful in meeting these transitional demands.

We deal with a lot of disruptions in our lives, especially working in the Military. Whether you are separating, or retiring from the service or just changing jobs. No matter what branch of service you support this disruption will affect everyone at some point.

Because we are a transitional organization decisions always need to be addressed. Either we have just moved to a new location, looking at new places to move too, or just recently arrived at a new place. Change is everywhere and with change comes stress. However, with a well designed plan in place, some stress can be decreased.

With the utilization of "checklists" and additional resources most issues can be met in a timely manner prior to those issues turning into problems which will ultimately assist in the transition process going as smooth as possible. Even then we need to be ready and flexible enough to face those unforeseen issues or challenges that inevitably arise in this process.

That is where the staff at FFSC can play a role in this process. Whether you need information on what are the best steps in planning for a move, finding a new job due to separation or retirement, with writing a resume or preparing for an interview, we can help. In addition to the many classes available, one-on-one career counseling sessions can be arranged to best support your goals and plans.

Again, change is one thing we can all count on while serving in the government and it happens at all levels. We know it's the only constant variable in this business. During these transitional times, remember there is also another constant variable and that is the FFSC. We are here to support you and your families, so please rely on us to assist you in these endeavors.



A special congratulations to the three 2011 Fleet and Family Support Center Graduates who all earned master degrees. Norm Okada (Master of Business Administration), Marie Malpaya (Master of Arts in Education), and Maylene Bootes (Master of Business Administration). Their hard work will pay dividends for the Sasebo community.



Please call 252-3604 to sign up or for more information.

Programs for Education and Training

Fleet and Family Support Center

Hours of operation

Mon-Fri 7:30 a.m. - 4:30 p.m.

Benefits and Entitlement Programs

VA Representative

Call 252-3604 for updated schedule

Career Development

July 6th: Federal Employment

July 12th: Interviewing Skills

July 13th: How to teach English to Japanese.

Aug 4th: Job Search Strategies

Financial Management Programs

July 7th: Credit Management

July 29th: How to Survive the Holidays Financially

Aug 12th: Savings and Investing

Aug 31st: Thrift Savings Plan

Education Services

July 13-14: Pre-Marital Workshop

Aug 10-11: Pre Marital Workshop

July 20-21: Stress & Anger Management

Aug 18-19: Stress & Anger Management

Relocation Assistance

July 8th: Smooth Move Workshop

July 22nd: Sponsorship Training

Aug 5th: Smooth Move Workshop

Aug 19th: Sponsorship Training

New Parent Support

July 7th: Childbirth Class

July 21st: Breastfeeding Class

Aug 4th: Childbirth Class (Hario)

Aug 18th: Breastfeeding Class (Hario)

Transition Assistance

July 18-22: TAP Workshop

Aug 8-12: TAP Workshop

Aug 15-19: RTAP Workshop
